

SUPPLEMENTARY DIGITAL MATERIAL 3

Supplementary Table III.—Quality of studies included in the review.

Questions	Belle ns <i>et</i> <i>al.</i> , 2020	Bray <i>et</i> <i>al.</i> , 2017	Bjornkl ett <i>et</i> <i>al.</i> , 2013	Campb ell <i>et</i> <i>al.</i> , 2018	Caray ol <i>et</i> <i>al.</i> , 2019	Cherri er <i>et</i> <i>al.</i> , 2013	Damhol dt <i>et al.</i> , 2016	Derry <i>et al.</i> , 2015	Din g <i>et</i> <i>al.</i> , 2020	Dos Sant os <i>et</i> <i>al.</i> , 2020	Ercol i <i>et</i> <i>al.</i> , 2015	Fergus on <i>et</i> <i>al.</i> , 2012	Fergus on <i>et</i> <i>al.</i> , 2016	Freema n <i>et al.</i> , 2015	Goedendo rp <i>et al.</i> , 2014	Gokal <i>et al.</i> , 2018	Hartm an <i>et</i> <i>al.</i> , 2018	Hartma n <i>et al.</i> , 2019	John s <i>et</i> <i>al.</i> , 2016	Johnst on <i>et</i> <i>al.</i> , 2011	Kesl er <i>et</i> <i>al.</i> , 2013	King and Gree n, 2015
Was true randomisation used for assignment to treatment groups?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	?	?	?	✓	?	✓	✓	✓	✓
Was allocation to treatment groups concealed?	?	?	✓	?	✓	X	?	?	✓	✓	✓	X	?	X	?	?	✓	?	?	✓	X	✓
Were treatment groups similar at baseline?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	?	✓	✓	✓	✓	?	✓	✓	✓	✓
Were participants blind to treatment assignment?	X	X	X	X	X	X	X	X	X	✓	X	X	X	✓	X	X	X	?	✓	X	X	X
Were those delivering treatment blind to	X	X	?	X	X	X	?	X	X	X	X	X	X	✓	X	X	X	X	?	X	X	X

which they were randomised ?																						
Were outcomes measured in the same way for treatment groups?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Were outcomes measured in a reliable way?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Was appropriate statistical analysis used?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Was the trial design appropriate ?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TOTAL %	69	69	85	77	77	69	69	69	77	85	77	77	62	77	62	62	77	46	85	77	69	69
	May <i>et al.</i> , 2009	McDougall <i>et al.</i> , 2011	Meneses <i>et al.</i> , 2018	Mihuta <i>et al.</i> , 2018	Miki <i>et al.</i> , 2014	Milbury <i>et al.</i> , 2013	Myers <i>et al.</i> , 2019	Northey <i>et al.</i> , 2019	Oh <i>et al.</i> , 2012	Park <i>et al.</i> , 2017	Pasyar <i>et al.</i> , 2019	Petersen <i>et al.</i> , 2018	Rahmani <i>et al.</i> , 2014	Reich <i>et al.</i> , 2017	Rogers <i>et al.</i> , 2009	Rottmann <i>et al.</i> , 2015	Schmidt <i>et al.</i> , 2014	Steindorf <i>et al.</i> , 2014	Tong <i>et al.</i> , 2018	Vadiraja <i>et al.</i> , 2009	Von Ah <i>et al.</i> , 2014	Wu <i>et al.</i> , 2018
Was true randomisation used for	?	?	?	✓	?	?	?	✓	✓	?	X	?	X	X	?	X	?	?	?	✓	X	?

assignment to treatment groups?																						
Was allocation to treatment groups concealed?	?	X	?	✓	X	?	?	✓	X	?	✓	?	?	X	?	X	?	?	?	?	X	✓
Were treatment groups similar at baseline?	✓	?	✓	✓	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	?	✓	✓	✓	✓	✓	✓
Were participants blind to treatment assignment ?	X	?	X	?	X	?	?	?	X	✓	X	?	X	✓	✓	✓	?	?	?	✓	✓	✓
Were those delivering treatment blind to treatment assignment ?	X	X	X	X	X	X	X	X	X	✓	X	X	✓	✓	✓	✓	X	X	X	?	X	X
Were outcome assessors blind to treatment assignment ?	X	?	?	?	✓	?	?	?	?	?	✓	?	?	✓	?	✓	?	?	✓	✓	✓	✓

Were treatment groups treated identically other than the intervention of interest?	✓	?	✓	✓	✓	✓	✓	✓	?	✓	✓	?	?	✓	?	?	✓	✓	✓	✓	✓	?	
Was follow up completed or differences between groups for follow up described and analysed?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Were participants analysed in groups to which they were randomised ?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Were outcomes measured in the same way for	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	?	✓	✓	✓	?	?	✓	✓	✓	✓	?	?	?

treatment groups?																						
Were outcomes measured in a reliable way?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Was appropriate statistical analysis used?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Was the trial design appropriate?	✓	?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TOTAL %	62	39	62	77	69	62	54	77	62	75	69	54	62	89	54	65	62	62	65	85	62	69

✓ Evidence of this feature found in the written article; ?: insufficient evidence provided in the written article; X: no evidence provided in the written article.

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